

Disclosed is an improvement in an optical information recording method by utilizing a unique phenomenon in which, when a thin film of a polymeric compound having a structure of azobenzene is irradiated spotwise with a light beam of a specified wavelength, a pattern of rugged surface with recesses and raises is resulted by the migration of the polymer molecules from the strongly irradiated area to the weakly irradiated area. The improvement has an object to increase the photosensitivity of this phenomenon by simultaneously irradiating the polymeric thin film with a second or bias light beam of a larger cross section to envelop the irradiation spot by the first or writing light beam.